

An Unabridged Review of Clinical Utility of *Madhura Rasa* from *Sushruta Samhita*

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ABSTRACT

Ayurveda, an ancient science of medicine, describes pharmacodynamics of drugs based on the Rasa Panchaka that the drug possesses. Madhura Rasa (sweet taste) is one among the 6 tastes that Ayurveda accepts. Sushruta Samhita, one among the earliest authoritative treatise of Ayurveda authored by Acharya Sushruta, known as “Father of Surgery” has 109 references Madhura Rasa and its synonyms mentioned directly across all the Sthaanas of Sushruta Samhita. From the 109 references, 30 were from Sutra Sthaana, 4 from Nidana Sthaana, 8 from Shaareera Sthaana, 30 from Chikitsa Sthaana, none from Kalpa Sthaana and 37 from Uttara Tantra. A detailed analysis towards application of the right Dravya needs to be worked upon to make a difference in the way Madhura (Sweet taste) is looked upon in today’s world.

Keywords: Ayurveda, Sushruta, Madhura Rasa, Clinical utility

INTRODUCTION

Ayurveda, an ancient science of medicine, describes pharmacodynamics of drugs based on the Rasa Panchaka that the drug possesses¹. Sushruta Samhita, one among the earliest authoritative treatise of Ayurveda is a text well known for the advanced surgical techniques and line of managements elaborated in it. The author of this text, Acharya Sushruta, is known as “Father of Surgery”. Sushruta Samhita is counted as one of the Brihatrai of Ayurveda. The text contains 186 chapters divided into 6 sections (Sthaanas) that is Sutra Sthaana (46 chapters), Nidana Sthaana (16 chapters), Shaareera Sthaana (10 chapters), Chikitsa Sthaana (40 chapters), Kalpa Sthaana (8 chapters) and Uttara Tantra (66 chapters)².

Madhura Rasa (sweet taste) is one among the 6 tastes that Ayurveda accepts. Acharya Sushruta explains Madhura Rasa as the one composed predominantly of Pritvi and Jala Mahabhootas and attributes properties like Tarpana, Jeevana, Mala and Kapha Vriddhikara, Dhatuvardhana and Shadindriya Prasadana³.

With this a review of Madhura Rasa from Sushruta Samhita, to elicit its clinical utility and multifacet potential was taken up to make the data easily available for further utility.

MATERIALS AND METHODS

The references of Madhura Rasa from all the Sthaanas of Sushruta Samhita were searched with the aid of E- Samhita⁴. The references thus obtained by thorough search

of Madhura and its synonyms were cross referred in Sushruta Samhita with Dahlana Teeka⁵ and a reputed English translation⁶ of the text. With the above references, the contexts where Madhura Rasa was mentioned were tabulated along with chapter name and Sloka number. An interpretation of its applicability in terms of Nidana (causative factor)/ Lakshana (properties or presentations)/ Chikitsa (treatment) and usage of it for internal / external administration were analyzed based on the context and tabulated along.

OBSERVATION AND RESULTS

A thorough search of literature led to the collection of 109 references Madhura Rasa and its synonyms mentioned directly across all the Sthaanas of Sushruta Samhita. From the 109 references, 30 were from Sutra Sthaana, 4 from Nidana Sthaana, 8 from Shaareera Sthaana, 30 from Chikitsa Sthaana, none from Kalpa Sthaana and 37 from Uttara Tantra.

The references have been tabulated and represented with brief context, reference, application and Usage as mentioned below.

Table 1: References of Madhura Rasa in Sutra Sthaana of Sushruta Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Agni Karma Vidhi [12/33]	Dhoomopahata Chikitsa Gritha, Ikshu, Draksha, Ksheera, Madhura or Amla Dravya – to be given for inducing Vamana so as to clear the Koshta (airway and alimentary canal) and chest from smell of the smoke.	Chikitsa	Internal
2	Agni Karma Vidhi [12/35]	Dhoomopahata Chikitsa Kavala with Madhura, Lavana, Amla Rasa Dravya will help in Samyak Grahana of Indriyarth and Mana Prasadana	Chikitsa	External
3	Jalaukavacharaneeya Adhyaya [13/5]	Sringa Guna Sringa is ideal for Vatopasrishta Raktaavasechana as it has Madhura Rasa, Ushna Veerya and Snigdha Guna.	Lakshana	External
4	Jalaukavacharaneeya Adhyaya [13/6]	Jalauka Guna Jalauka is ideal for Pittopasrishta Raktaavasechana because of its Gunas like Shitaadivaasa, Madhura, Vaarisambhava.	Lakshana	External
5	Jalaukavacharaneeya Adhyaya [13/23]	Uttara Karma of Shonitaavasechana Pradeha of Kashaya, Madhura, Snigdha, Sheeta Dravyas is done over the site of bloodletting and bandaged.	Chikitsa	External
6	Shonita Varnaneeya Adhyaya [14/36]	Atipravrita Rakta Sthaapana Upaaya Kakolyadi Gana Kashaya sweetened with Madhura Dravya like Sharkara and Madhu is given to drink, after bandaging and other measures for arresting blood flow after bloodletting.	Chikitsa	Internal
7	Dosha Dhatu Mala Kshaya Vriddhi Vijnaneeya [15/32]	Sthoulya and Karshya Kaphakara Ahara Vihara leads to Maadhuryata of Rasa Dhatu which further circulates to produce excess of Medas leading to Sthoulya.	Nidana	Internal
8	Karna Vyadha Bandha Vidhi [16/19]	Rooda Vrana karnaabhiwardhana Madhura Varga Dravya Kalka is added during the preparation of Taila indicated for promoting growth of repaired tissue.	Chikitsa	External
9	Hitaahiteeya Adhyaya [20/16]	Viryato Vipakataashcha Viruddhani Rasa Dvandvaani Rasa and Virya Viruddha – Madhura + Amla Madhura + Lavana Rasa Virya and Vipaka Viruddha Madhura + Katu	Lakshana	Internal
10	Hitaahiteeya Adhyaya [20/23]	Dik Bhedena Vataguna Kathanam Purva – Madhura – Sadaa Roga Vivardhana , Pitta Rakta Kopaka Prashasta for Vaatala, Sraanta, Kaphaja Shosha	Lakshana	External
11	Hitaahiteeya Adhyaya [20/25]	Dik Bhedena Vataguna Kathanam Dakshina – Madhura - It is Avidahi Laghu, best for Ayushya, Balavardhana, Pitta and Rakta Shaamaka	Lakshana	External
12	Hitaahiteeya Adhyaya [20/28]	Dik Bhedena Vataguna Kathanam Uttara – Madhura – beneficial for those suffering from Ksheena, Kshaya, Visha	Lakshana	External
13	Vranaprashna Adhyaya [21/13]	Sleshma Sthaana and Karma Sleshma is Amashaya Sambhava because of Madhura and Sheeta Guna of Ahara in Amashaya	Lakshana	Internal
14	Vranaprashna Adhyaya [21/15]	Seshma Guna Madhura when Avidagdha	Lakshana	Internal
15	Vranaprashna Adhyaya [21/17]	Shonitasya Swalakshana Madhura Rasa	Lakshana	Internal
16	Vranaprashna Adhyaya [21/23]	Sleshma Prakopa Karana Madhura, Amla, Lavana Rasa Aahaara, Madhura Valliphala (= Madhuravalli Phala and Madhura Phala like Taala, Naarikela)	Nidana	Internal

Table 1 To Be Continued...				
17	Aaturopakramaneeya Adhyaya [35/26]	Sama Agnyaadeenaam Chikitsa Teekshnagni – to be treated with Madhura, Snigdha and Sheeta and Virechana.	Chikitsa	Internal
18	Bhoomi Pravibhaga Vignaniya Adhyaya [36/5]	Aushadha Sangraha Kala Aushadhas of Sheeta Guna collected in Sheeta Kaala from Sheeta Desha will be Ati Madhura in taste	Lakshana	Internal
19	Dravya Sangrahaneeeya Adhyaya [38/65]	Lakshadi Gana has Kashaya, Tikta, Madhura Rasa and thus alleviates Pitta and Kapha	Lakshana	Internal
20	Dravya Sangrahaneeeya Adhyaya [38/68]	Laghupanchamoola has Kashaya, Tikta, Madhura Rasa and thus pacifies Vata and Pitta	Lakshana	Internal
21	Dravya Vishesa Vignaneeya Adhyaya [41/4(1)]	Parthiva Dravyasya Lakshanam Gunashcha Paarthivam – Madhuram	Lakshana	Internal
22	Dravya Vishesa Vignaneeya Adhyaya [41/4(2)]	Aapya Dravyasya Lakshanam Gunashcha Aapya – prominently sweet in taste	Lakshana	Internal
23	Dravya Vishesa Vignaneeya Adhyaya [41/11]	Bhoota Veerya Sambhandha Qualities of Bhuta of identical nature should be inferred in the different Rasa → example: Madhura + Guru is Parthiva Madhura + Snigdha is Aapya	Lakshana	Internal
24	Rasa Vishesa Vignaneeya Adhyaya [42/3]	Rasa Utpatti Bhoomyambugunabaahulyaan madhuraha – Madhura is Bhoomi and Ambu Guna predominant	Lakshana	Internal
25	Rasa Vishesa Vignaneeya Adhyaya [42/4-5]	Rasa Dosha Sambhanda Madhura, Amla, Lavana – Vatagna Madhura, Tikta, Kashaya – Pittagna	Chikitsa	Internal
26	Rasa Vishesa Vignaneeya Adhyaya [42/7]	Madhura - Soumya snigdha guru → Soumya = sheeta => Madhura = sheeta	Lakshana	Internal
27	Rasa Vishesa Vignaneeya Adhyaya [42/9]	Rasa Lakshana Madhura is the Rasa that leads to Paritoshha, Prahlaada, Tarpana, Jeevana, Mukhopalepa and Shleshma Vriddhi	Lakshana	Internal
28	Virechana Dravya Vikalpa Vijnaneeya Adhyaya [44/6]	Paittika Roge Virechana Dravya Trivrit Choorna should be administered with Madhura Dravya like Ikshu Rasa etc and along with milk in Pittaja Vyadhi	Chikitsa	Internal
29	Annapaana Vidhi Adhyaya [46/430]	Anupana Madhura Sheetala Anupana is advised in Pitta conditions	Chikitsa	Internal
30	Annapaana Vidhi Adhyaya [46/460]	Aharopachara Poorvam Madhuram Ashneeayat – Madhura should be consumed first during meals	Chikitsa (Svasthya)	Internal

Sutra Sthaana contains a total of 30 references of Madhura Rasa; This includes : Nidana-2, Lakshana- 18, Chikitsa- 10; Internal usage- 22, External Use- 8;

Table 2: References of Madhura Rasa in Nidana Sthaana of Sushruta Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Prameha Nidanam [6/3]	Prameha Nidana Person with constant indulgence in Madhura, Medya, Aalasya etc Ahara Vihara is prone to end up as a Pramehi	Nidana	Internal
2	Prameha Nidanam [6/5]	Poorva Roopa of Prameha Madhura Shukla Mootrataa	Lakshana	External
3	Visarpa Nadi Stanaroga Nidanam [10/18]	Stanya Lakshana Stanya has Madhura Rasa.	Lakshana	Internal
4	Visarpa Nadi Stanaroga Nidanam [10/25]	Shuddha Stanya Lakshana Madhura, Avivarna, Pandura Etc Stanya is considered to be Shuddha	Lakshana	Internal

Nidana Sthaana contains a total of 4 references of Madhura Rasa; This includes: Nidana-1, Lakshana- 3, Chikitsa- 0; Internal usage- 3, External Use- 1;

Table 3: References of Madhura Rasa in Shaareera Sthaana of Sushruta Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Shukra Shonita Shuddi Shaareera [2/11]	Shuddha Shukra Lakshana Shuddha Shukra has Madhura Rasa	Lakshana	External
2	Garbha Vyakarana Shaareera [4/44]	Nidranasha Chikitsa Madhura Snigdha Bhojana is advised in condition of Nidranasha	Chikitsa	Internal

Sl no	Garbha Vyakarana	Context	Lakshana	External
3	Garbha Shaareera [4/54]	Glaani Vaktra Madhurataa is seen in Glaani	Lakshana	External
4	Garbha Shaareera [4/72]	Kapha Prakriti Purusha Lakshana Madhura Priya	Lakshana	Internal
5	Garbhini Vyakarana [10/3]	Garbhini Charya Garbhini should consume Hridya, Drava, Madhura, Snigdha, Deepaneeeya Samskrita Aahaara	Chikitsa	Internal
6	Garbhini Vyakarana [10/4]	Masanusara Ahara Vidhi 1 st month – Madhura Sheeta Dravapraaya Ahara 8 th month - Anuvasana Basti using Taila processed with milk and Madhura Aushadha is given after Niruha Basti	Chikitsa	Internal
7	Garbhini Vyakarana [10/42]	Mastulunga Kshaya Chikitsa Paana and Abhyanga of Madhura Dravya Saadhita Gritha	Chikitsa	Internal
8	Garbhini Vyakarana [10/67]	Garbhini Raksha In case Garbhini develops any disease, Vamana maybe given with Madhura and Amla Dravya Prayoga. Madhura Praaya Aahaara is advised.	Chikitsa	Internal

Shaareera Sthaana contains a total of 8 references of Madhura Rasa; This includes: Nidana-0, Lakshana- 3, Chikitsa- 5; Internal usage- 6, External Use- 2;

Table 4: References of Madhura Rasa in Chikitsa Sthaana of Sushruta Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Dvi Vraneeya Chikitsitam [1/17]	Parisheka in Pittaja Shophya Madhuroushadha Kwatha , Ikshu Rasa, Ksheera, Gritha, Madhu etc	Chikitsa	External
2	Bhagna Chikitsa [3/13]	Grishta Ksheera boiled with Madhura Dravyas and Laksha and added with ghee → cooled and given every morning to patient having Bhagna	Chikitsa	Internal
3	Bhagna Chikitsa [3/40]	Hanu chyuthi Vatagna Madhura (Bhadradarvadi, Vidarigandhadi) Dravya Siddha Sarpi should be used for Nasya	Chikitsa	Internal
4	Bhagna Chikitsa [3/67]	Dvitiya Bhagna Sandhanaka Taila Taila prepared with Trapusa, Aksha, Priyala and Madhura Dravyas and 10 parts of milk → to be used for Paana, Abhyanga, Basti, Nasya, Seka → Bhagna Prasaadana	Chikitsa	Internal
5	Maha Vatavyadhi Chikitsa [5/10]	Shleshmaprabhala Vatarakta Chikitsa Amalaka and Haridra Kwatha with Madhura Dravyas should be administered.	Chikitsa	Internal
6	Maha Vatavyadhi Chikitsa [5/18]	Apatanaka Chikitsitam Traivrita Sneha – Madhura Dravya Kalka – used for Abhyanga, Basti, Paana, Sevana, Nasya	Chikitsa	Internal
7	Maha Vatavyadhi Chikitsa [5/22]	Ardita Chikitsitam Ksheera Sarpi / Ksheera Taila → Kalka Dravya is Madhura Gana Dravya To be used for Paana Abhyanga etc	Chikitsa	Internal
8	Ashmari Chikitsa [7/35]	Shastrakarmanah Pashchat Karma After 7 days, if Mootra is not coming out of normal route, Dahana Karma is done. If urine passes normally after that, then Uttara Basti, Asthapana, Anuvasana are done using Madhuroushadha Siddha Kashayas	Chikitsa	Internal
9	Prameha Chikitsa [11/8]	Mehahara Yoga Madhura Dravya (Guda) Madhu Haridra Amalaka etc – Sarva Meha Hara Yoga	Chikitsa	Internal
10	Prameha Chikitsa [11/9]	Vishesha Mehahara Yoga Phena Meha – Aragvadha , Triphala , Mrudvika Kwatha with honey and Madhura Dravya (jaggery etc) Hasti Meha – Tindikadi Kwatha with Madhu and Madhura (jaggery etc) and Hastyadi Asthikshaara.	Chikitsa	Internal
11	Madhu Meha Chikitsa [13/18]	Makshika Dhatu Yoga Madhura Makshika is best to be used	Chikitsa	Internal
12	Udara Chikitsa [14/6]	Pittodara Chikitsa Madhura Gana Dravya Siddhagritha Paana before Virechana	Chikitsa	Internal
13	Mooda Garbha Chikitsa [15/31]	Bala Taila Madhura Gana Dravya Kwatha	Chikitsa	Internal
14	Granthi Apachi Arbuda Galaganda Chikitsa [18/11]	Pittaja Granti Chikitsa Madhura Siddha Gritha for Ropana after surgery.	Chikitsa	External
15	Kshudra Roga Chikitsa [20/8]	Vivrutaadi Chikitsa To be treated like Pittaja Visarpa and Ropana by Madhura Dravya Sidda Gritha	Chikitsa	External
16	Kshudra Roga Chikitsa [20/10]	Chippa Kunakha Chikitsa Ropana with Madhuroushadha Siddha Taila after Dahana Karma	Chikitsa	External

Table 4 To Be Continued...				
17	Kshudra Roga Chikitsa [20/13]	Vidarika Chikitsa Vrana Ropana with Madhura Kashaya Siddha Taila	Chikitsa	External
18	Shooka Roga Chikitsa [21/8]	Mruditha Chikitsa Snigdha Upanaha of Madhura Dravyas with ghee	Chikitsa	External
19	Shooka Dosh Chikitsa [21/12]	Sparshahani Chikitsa Pradeha of Madhura Dravya after Raktamokshana	Chikitsa	External
20	Mukha Roga Chikitsa [22/21]	Upakusha Chikitsa Kavala and Nasya with Madhura Dravya Siddha Taila	Chikitsa	External
21	Mukha Roga Chikitsa [22/45]	Jihwa Kantaka Chikitsa Pittaja Jihwa Kantaka – Lekhana followed by Pratisara, Gandusha, Nasya with Madhura Dravyas	Chikitsa	External
22	Mukha Roga Chikitsa [22/72]	Pittaja Sarvasara Mukha Roga Shodhana followed by Pitta Hara Chikitsa using all Madhura Dravyas and Sheeta Dravyas	Chikitsa	Internal
23	Anagatha Badha Pratisheda Chikitsa [24/6]	Danta Dhavana Kashaya Madhura Tikta Katuka Dravya for Danta Dhavana . Madhooka is best among Madhura Dravya	Chikitsa	External
24	Anagatha Badha Pratisheda Chikitsa [24/98]	Swasthou Sada Paalaneeyam Madhura Praaya Ahara to be taken daily	Chikitsa	Internal
25	Mishraka Chikitsa [25/25]	Parilehi Chikitsa (Paligata Roga) Taila prepared with Madhuroushadha Kashayadi Dravya is used for application after Abhyanga and Swedana of Pali – lobe grows back without any complications	Chikitsa	External
26	Ksheena Baleeya Vajikarana Chikitsa [26/22]	Poopalika Yoga To be taken with milk and Madhura Dravya (jaggery etc)	Chikitsa	Internal
27	Netrabasti Vyapat Chikitsa [36/37]	Anuvasana Basti Vyapat Nabhi, Basti, Guda Chedana Vat Peeda – Piccha Basti and Madhura Siddha Sneha Basti to be administered	Chikitsa	Internal
28	Netrabasti Vyapat Chikitsa [36/41]	Pravahika Chikitsa Pravahika due to Tikshna Basti should be treated with Picchabasti and Anuvasana with Madhura Siddha Taila or Gritha	Chikitsa	Internal
29	Niruha Krama Chikitsitam [38/83]	Brumhana Basti Brimhana Dravya Kwatha + Madhura Dravya Kalka +Ghee+ Mamsarasa is given as basti	Chikitsa	Internal
30	Dhooma Nasya Kavalagraha Chikitsa [40/60]	Ropana Kavala Kashaya, Tikta , Madhura, Katu , Ushna Kavala will work as Ropana	Chikitsa	External

Chikitsa Sthaana contains a total of 30 references of Madhura Rasa; This includes: Nidana-0, Lakshana- 0, Chikitsa- 30; Internal usage- 18, External Use- 12;

Table 5: References of Madhura Rasa in Uttara Tantra of Sushruta Samhita

Sl no	Adhyaaya	Context	Application	Usage
1	Vata Abhishyanda Chikitsa [9/ 11]	Vataja Abhishyanda Chikitsa Taila prepared with Sthiraa, Ksheera and Madhura Dravya is to be used for Nasya .	Chikitsa	Internal
2	Drishtigata Roga Pratisheda [17/ 33]	Timira Chikitsa In Vataja and Raktaja Timira, Taila boiled with drugs of Sthiraadi and Madhura Gana is best for Nasya	Chikitsa	Internal
3	Drishtigata Roga Pratisheda [17/ 38]	Pittaja Kaacha Chikitsa Ghee prepared using milk boiled with Madhura Dravya should be used for Nasya. Madhura Dravyas along with Jangala Mamsa is cooked by Putapaka method and the Rasa should be used for Tarpana in case of Pittaja Kaacha.	Chikitsa	External
4	Drishtigata Roga Pratisheda [17/ 79]	Daivakrita Chidraadanyatra Vedhe Chikitsa (Linganasha) Madhura Siddha Gritha should be used for Netra Prasechana, Shirobasti and Sevana along with Maamsa.	Chikitsa	External
5	Kriya Kalpa Adhyaaya [18/ 56]	Prasadana Anjana It should be prepared using Madhura Aushadha with Sneha Dravya and used for Snehana and Dosh Prasadana of Drishti.	Chikitsa	External
6	Nayanaabhigaata Pratisheda [19/ 4]	Nayana Abhigaate Saamaanya Chikitsa Snigdha, Hima, Madhura Dravyas should be used immediately for Drishti Prasaada Janana	Chikitsa	External
7	Pratishyaya Pratisheda [24/ 26]	Paittika Raktotta Pratishyaya Chikitsa Madhura Shritha Gritha should be used for Paana.	Chikitsa	Internal
8	Pratishyaya Pratisheda [24/ 28]	Paittika Raktotta Pratishyaya Chikitsa Virechana should be induced using Madhura Dravya.	Chikitsa	Internal

Table 5 To Be Continued...

9	Shiroroga Pratisheda [26/ 9]	Vatika Shiroroga Chikitsa Varunadi Gana Dravya Saadhita Ksheera is made into Gritha and processed with Madhura Dravyas and used for Nasya	Chikitsa	Internal
10	Shiroroga Pratisheda [26/ 15]	Pitta Raktaja Shirorogayoshikitsa Madhura Dravyas are to be used for Mukhaalepa and Nasya	Chikitsa	Internal
11	Shiroroga Pratisheda [26/ 17]	Pitta Raktaja Shirorogayoshikitsa Madhura Saadhita Ksheera Sarpi with Sharkara is advised for Snehana	Chikitsa	Internal
12	Shiroroga Pratisheda [26/ 25]	Kshayaja Shiroroga Chikitsa Vatagna Madhura Siddha Gritha should be used for Paana and Nasya	Chikitsa	Internal
13	Shiroroga Pratisheda [26/ 34]	Ardhavabhedaka Chikitsa At the end of Avapidana, Madhura Aushadha Siddha Gritha is advised for Nasya.	Chikitsa	Internal
14	Shakuni Graha Pratisheda [30/ 4]	Shakuni Graharte Abhyanjana Tailapradehau Kashaya and Madhura Dravya Siddha Taila should be used for Abhyanga	Chikitsa	External
15	Pootana Graha Pratisheda [32/ 5]	Pootana Grahaarthe Abhyanjana Gritham Tugaksheera and Madhuraoushadha Siddha Gritha is advised for internal consumption	Chikitsa	Internal
16	Andhapootana Graha Pratisheda [33/ 4]	Andhapootanarthe Tailam Gritham Cha Gritha processed with Madhura Gana, Pippali, Pippalimoola etc is useful for Paana.	Chikitsa	Internal
17	Naigamesha Graha Chikitsa [36/ 5]	Naigameshaarthe Gritham Gritha prepared by processing with Madhura Gana Dravya, Dwipanchamoola etc is beneficial when used for Paana	Chikitsa	Internal
18	Yoni Vyapat Pratisheda [38/ 23]	Vataja Yoni Roga Chikitsa Madhuraoushadha Samyukta Veshavara is used as vaginal douche	Chikitsa	External
19	Jwara Pratisheda [39/ 178]	Pitta Jwara Shamana Kashaayaaha Guduchi, Padma etc are used to prepare Kashaya and to which Sharkara and Madhura Dravya are added, cooled and administered in Pittaja Jwara	Chikitsa	Internal
20	Jwara Pratisheda [39/ 308]	Vata Jwara Niruhaanuvassane In Vata Jwara, Vatahara Madhuraoushadha Siddha Niruha and Anuvassana should be administered considering the condition of Dosha Awastha of patient.	Chikitsa	Internal
21	Jwara Pratisheda [39/ 317]	Jwara Snehopayoga Madhura Tikta Siddha Sarpi is best in Pittaja Jwara	Chikitsa	Internal
22	Atisara Pratisheda [40/ 151]	Pravahikaa Chikitsa When patient is in pain, Anuvassana prepared with Madhura Aushadha Dravyas is to be administered during day or night.	Chikitsa	Internal
23	Shosha Pratisheda [41/ 45]	Shoshe Gritha Yogaaha Ghee processed with Shakridrasa, Murvaadi Kwatha, Ksheera and Kalka of is useful in curing Madhuraoushadha Kalka Shosha	Chikitsa	Internal
24	Gulma Pratisheda [42/ 17]	Dosha Bhedena Gulma Chikitsa Patient of Pittagulma must be given Snehana using Kakolyadi (Madhura Gana) Gritha followed by Virechana using Madhura Dravya Yogas and Madhura Aushadha Yukta Niruha.	Chikitsa	Internal
25	Hridroga Pratisheda [43/ 15]	Pitta Hridroga Chikitsa After Vamana, Madhuraoushadha Siddha Gritha or Kashaya is administered to cure Jwara	Chikitsa	Internal
26	Hridroga Pratisheda [43/ 16]	Pitta Hridroga Chikitsa Madhura Dravya Yukta Mamsa Rasa should be given till contentment along with ghee	Chikitsa	Internal
27	Rakta Pitta Pratisheda [45/ 38]	Rakta Pitte Katipaya Yogaha In bleeding diseases, all cold treatments and medicines and foods of Madhura Rasa should be administered.	Chikitsa	Internal
28	Panatyaya Pratisheda [47/ 26]	Paittika Madatyaya Chikitsa Madhura Varga Kashaya Mishritha Madhya should be administered with honey and sugar	Chikitsa	Internal
29	Chardi Pratisheda [49/ 11]	Vatajaadi Bhedena Chardi Lakshanaani Kaphaja Chardi is characterised by Madhura , Prabhoota, Shukla Saandra Chardi	Lakshana	External
30	Chardi Pratisheda [49/ 22]	Pittaja Chardi Chikitsitam Virechana should be administered using Madhura Dravyas along with Draksha Rasa	Chikitsa	Internal
31	Kasa Pratisheda [52/ 32]	Pittaja Kaasaanaam Chikitsa Madura Gana Dravya etc Kashaya are used in preparing Gritha which cures cough when administered with Sharkara	Chikitsa	Internal
32	Kasa Pratisheda [52/ 47]	Kaase Kuleerakaadi Gritha Kuleera, Shukti etc and Madhura Dravya Kashaya Siddha Gritha is useful in Kshataja Kaasa	chikitsa	Internal
33	Svarabheda Pratisheda [53/ 14]	Pittaja Svarabheda Chikitsa Lehana of Churna of Madhura Dravya with honey and ghee is beneficial	Chikitsa	Internal
34	Svarabheda Pratisheda [53/ 17]	Kshayaja Svarabheda Chikitsa Milk boiled with Madhura Aushadha should be administered with Madhu and Sharkara in Svarabheda caused by Uchairbhashya	Chikitsa	Internal

Table 5 To Be Continued...				
35	Arochaka Pratisheda [57/ 5]	Lakshana of Arochaka Madhuraasyata in Kaphaja Arochaka	Lakshana	Internal
36	Arochaka Pratisheda [57/ 7]	Paittikaarochaka Chikitsa Vamana using Madhura Dravyas and Gudaambu is beneficial in this case.	Chikitsa	Internal
37	Mutraghata Pratisheda [58/ 43]	Mootraaghaataanaam Chikitsa Madhura Dravya Srutha Ksheera should be administered with Gritha to cure Mootraashmari	Chikitsa	Internal

Uttara Tantra contains a total of 37 references of *Madhura Rasa*; This includes: *Nidana-0, Lakshana- 2, Chikitsa- 35; Internal usage- 30, External Use- 7;*

DISCUSSION

The references from Sushruta Samhita pertaining to Madhura Rasa can be seen having wide range of applicability in clinical practice in terms of Triskandha of Ayurveda (Nidana, Lakshana and Chikitsa) spread across 109 references. In Sushruta Samhita, 3 references describe Madhura as Nidana, 26 references as a Lakshana and 80 as Chikitsa. From these 109 references, 79 are having internal usage and 30 are for external utility.

Description of Madhura Rasa can be seen in conditions of emergency (Table No.1; Sl. No. 1), property of Anushastra (Table No.1; Sl. No. 3,4), property of wind blowing from different directions (Table No.1; Sl. No. 11, 12) and many more expressing the extensive possibilities in application.

Ayurveda emphasizes on preventive care and healthy lifestyle as well as management and cure of diseases both medically and surgically as and when required. In the preventive healthcare (Swaasthya Rakshana), reference of Madhura can be seen in Aahara (food and diet Table - No.4; Sl. No. 23) and also in Vihara (Life style and environment - Table No.1; Sl. No. 11).

In the management of diseases, Shodhana (Purificatory measures) and Shamana (Subsiding measures) are lines of treatment used. Shodhana with use of Madhura is mentioned (Table No.5; Sl. No. 8) and many references of Shamana Chikitsa can also be seen as in (Table No.4; Sl. No. 1,2).

Usage of Madhura Rasa in state of pregnancy, childhood, geriatrics et cetera can all be seen in different contexts.

Multiple references of Madhura Dravya Prayoga (use of Madhura Dravya) can be noted in fractures and related disorders and surgical cases. Extent of applicability of

Madhura Dravya can be seen in severe presentations as that of Mastulunga Kshaya (Depletion of cerebrospinal fluids) in pediatric cases.

Madhura Rasa is mentioned in different contexts for phases of Chikitsa – Poorva karma (Preparatory measures for the main therapy - as in Table No.4; Sl. No. 4,8), Pradhana Karma (the main therapy – as in Table No.4; Sl. No. 12) and Paschat Karma (Post therapy management – as in Table No.4; Sl. No. 16).

A lot of references quote Madhura Rasa Dravyas for Ropana Karma (Healing process) which may be attributed to the Dhaatu Vardhana Karma (anabolic effect on body tissues) mentioned for it. Inclusion of Vihara related reference (Table No.1; Sl. No. 11,12) under the concept of Madhura may be related to the Shadindriya Prasadana Karma possessed by Madhura Rasa thereby helping Manas (Mind) which is one among the 6 Indriyas in this context.

Madhura Skandha / a group of Madhura Dravyas quoted by Acharya Sushruta includes 55 Dravyas like Meda, Kakoli, Ksheera, Maasha, Godhuma, Draaksha, Gokshura, Kharjura etc which is a list of materials used as medicine / food / drinks, of either plant or animal origin. Among these 55 and other drugs having Madhura Rasa, the use of specific Dravya for the above conditions or scenarios needs further analysis and research.

CONCLUSION

The above work is an attempt to collect and analyze all possibilities of clinical utility of Madhura Rasa as mentioned in Sushruta Samhita. A detailed analysis towards application of the right Dravya needs to be worked upon to make a difference in the

way Madhura (Sweet taste) is looked upon in today's world. The above 109 references give a better perspective and choice of both preventive and curative utility of Madhura Rasa for clinical practice.

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